



NATURE + Cottage core

The Nature + Cozy aesthetic is all about slowing down and finding beauty in the everyday. Think: wildflowers in mason jars, handmade quilts, the smell of fresh herbs, and the peaceful ritual of tea at golden hour. If you find joy in gardening, baking, forest walks, or wrapping up in a handmade shawl - this vibe is for you. Includes: Cottagecore, Grandmacore, Forestcore, Herbcore, Honeycore

Journal Prompts

What daily rituals help you feel calm and connected?

Describe your perfect cozy morning in vivid detail.

How do you nurture yourself the way you nurture others?

What does "home" mean to you right now?

What simple pleasures bring you joy in life?

Self care ideas to try!

- ☐ Herbal foot soaks
- ☐ Tea meditation
- ☐ Sun tea on the porch
- ☐ Gardening or repotting plants
- ☐ Candle-lit journaling

Creative Touches to Try

- Pressed flowers tucked into your journal
- Sketch your dream cottage or garden
- Make a "Self Care Basket" with thrifted treasures
- Write affirmations on vintage-style tags or recipe cards